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ABSTRACT

Conducted to disseminate information about health care issues in the day care environment, the First Annual Health Promotion in Day Care Conference was attended by approximately 200 health care providers, parents, and advocates in the metropolitan Washington, D.C. area. Health needs of the total child were addressed, and practical recommendations and solutions to promote "positive well-being" were sought. Eleven workshops were conducted; these focused on dental care, stress in young children, food services in day care, detecting developmental delays, check-ups for children, hyperactivity, child abuse, prevention of accidental injuries, day care and the ill child, controlling communicable diseases, and the influences of television-viewing habits. In this report, workshop summaries provide names of moderators and panelists, state workshop objectives, and list recommendations for day care practices. The report also provides a very brief summary of the keynote address, profiles of individuals receiving awards, a few remarks about the closing summary session, and notes identifying special contributors to the conference. (RH)

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CONFERENCE PROCEEDINGS REPORT

THE FIRST ANNUAL
HEALTH PROMOTION IN DAY CARE CONFERENCE

WASHINGTON, D.C.
APRIL 7, 1984

Prepared For
The Conference Sponsor,
THE LEARNING NEST, INC.

by
KARL E. HAMMONDS, M.D.
And
RUDOLPH L. BRATHWAITE, Ph.D.
May, 1984

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FOREWORD

The First Annual Health Promotion in Day Care Conference was presented as a unique, collaborative effort by day care and health care providers in the Metropolitan Washington area. By gathering a cross-section of health care providers, parents and advocates, the conference disseminated information concerning major health care issues in the day care environment.

The health needs of the total child were addressed -- physical, mental, emotional, and educational. Practical recommendations and solutions to promote "positive well-being" in each child and family were actively pursued. This conference truly marked the beginning of a new era of multi-disciplinary efforts to address concerns paramount to our greatest natural resource: our children.

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INTRODUCTION

Literally, thousands of children in Washington, D.C., Maryland, and Northern Virginia require day care services. These include infants, toddlers, preschool and school-age children. Special needs arise for handicapped services, and infant stimulation, gifted/talented programs, and after-school care. Their socioeconomic status varies as does the composition of their families. Unique challenges emerge when the needs of low income families, single parent households, working mothers, and adoptive families are considered.

The increase in the number of children attending day care centers in the metropolitan area presents a virtual plethora of health and developmental concerns to both consumers and providers. This matrix of medical, dental, nutritional, emotional, and developmental issues mandates an interdisciplinary approach for definition and resolution. The subsequent health practices, policies and procedures will have far-reaching medical, legal, and psychosocial implications.

The aforementioned needs and concerns provided fertile ground for the seedling ideas for a health promotion conference by Ms. Marjorie A. Rogers and Karl E. Hammonds, M.D. Marjorie Rogers is the President-Founder of the Learning Nest, Inc., a non-profit organization dedicated to organizing, maintaining, and operating quality child care facilities. Implicit in this objective is the need for accurate information and good communication among present and future day care providers and consumers. Dr. Hammonds is an active pediatrician, medical journalist, and child health advocate. His vast experience in direct medical care, publishing, and organizing formed a natural alliance with Ms. Rogers' renowned strengths in day care and business.

The theme, "health promotion," draws from a broad definition of health. Good health involves not only curing disease, but preventing disease. Therefore, health promotion means promoting well-being through education, life-style changes, policy implementation, and advocacy. Health promotion can, and should, take place in the day care setting, since many children spend much of their day there. Issues such as safety, nutrition, and curriculum are of mutual concern to parents, day care providers, and medical professionals. Therefore, these groups form a mutual alliance to insure positive growth and development for each child. The conference pursued these goals.

The conference was held on Saturday, April 7, 1984, at the Dupont Plaza Hotel in Washington, D.C., with approximately 200 people in attendance. Ms. Marjorie A. Rogers was Program Director. Karl E. Hammonds, M.D. acted as program Co-Director. The format was straightforward. The registration and Opening Session were followed by eleven (11) innovative workshops, divided into three (3) sessions.

Workshop Session I

A. Dental Care

B. Stress in Young Children

C. Food Services in Day Care

D. Detecting Developmental Delays

Workshop Session II

E. Check-ups for Children

F. Hyperactivity: Fact and Fiction

G. Child Abuse

H. Prevention of Accidental Injuries

Workshop Session III

I. Day Care and the Ill Child

J. Controlling Communicable Diseases

K. Television: Friend or Foe?

The Awards Luncheon, held in the Embassy Room of the Dupont Plaza Hotel, featured a keynote address by Frederick D. Harper, Ph.D. of the School of Education at Howard University. The Awards presented were the Day Care Advocacy Award and the Child Health Advocacy Award. A Closing Summary Session was followed by an informal reception for conference participants.

This report will summarize the proceedings of the individual workshops, awards luncheon, and closing summary session.

I. WORKSHOP SUMMARIES

SESSION I

A. DENTAL CARE

Moderator: Betty Johnson, D.D.S.
Family Dentistry, Private Practice

Panelists: Janyce F. Jefferson, R.D.H., M.P.H
Dental Hygeinist/Health Educator

Ms. Saundra Gilbert
Program Specialist, Day Care

The Dental Care Workshop explored age-appropriate dental and preventive measures.

Recommendations:

- Having annual dental exams beginning at age 2-3 years
- Avoiding negative words ("hurt", "needles", "painful") and prevent fear of dentists
- Avoiding bottle feeding of milk or juice during sleep time to prevent nursing bottle caries
- Utilizing local dental professionals for screening, treatment and education of parents, providers, and children
- Implementing daily practical teeth cleaning
- Observing dental Health Month (February) in the centers
- Taking the children to visit local dentists

B. STRESS IN YOUNG CHILDREN

Moderator: Frederick B. Phillips, Psy.D.
Director, Progressive Life Institute

Panelists: Jackie Gartrell, M.S.
Director, Capital Hill Hospital Day Care

Sandra Spears, ACSW
Family and Child Services

The Stress in Young Children Workshop examined stress-related disorders (i.e., depression, regression, phobias, etc.) management, and family therapy.

Recommendations:

- Providing training programs for day care providers on recognition, causes, prevention, and treatment of stress
- Keeping lines of communication open for families
- Referring families to mental health professionals for assistance
- Making center guidelines and policies should reflect parent expectations and input

C. FOOD SERVICES IN DAY CARE

Moderator: Linda Thompson, M.S.
Nutritionist, Parent Child Center

Panelists: Fabiola Gaines, R.D
WIC Nutritionist

Gloria Panton-Harvey, M.S.
Training Coordinator, Family Day Care

The Food Services in Day Care Workshop examined food preparation, feeding protocols, nutrition education, and the Special Supplemental Food Program for Women, Infants, and Children (WIC).

Recommendations:

- Using fresh fruits and vegetables whenever possible, and natural alternatives
- Assessing teacher attitudes on foods being served and introduction of new foods
- Preparing vegetables to help children accept them (i.e., stir-frying vs boiling)
- Using nutritional activities to develop cognitive skills
- Recognizing the WIC program as a valuable resource
- Having food service personnel frequently evaluate and upgrade their program

D. DETECTING DEVELOPMENTAL DELAYS

Moderator: Elaine Vowels, M.A.
Director, Handicapped Infant Project

Panelists: William T. Simpkins, Jr., M.A., CCC-SP
Speech-Language Pathologist

A. Jayam Trouth, M.D.
Pediatric Neurologist

Martha D. Goebel, M.A., CCC-SP
Speech-Language Pathologist

The Detecting Developmental Delays Workshop reviewed milestones for development, speech, language, audition, and age appropriate expectations.

Recommendations:

- Screening every child for speech/language and hearing
- Providing day care in-service training in normal vs abnormal developmental acquisition
- Utilizing community professionals and agencies further

SESSION II

E. CHECK-UPS FOR CHLDREN

Moderator: Janet Bochinski, R.N., P.N.P
Pediatric Nurse Practitioner

Panelists: Karl E. Hammonds, M.D.
Pediatrician/Medical Journalist

Shirley Dickerson
Director, Dard's Parkland Day Care

The Check-Ups for Children Workshop emphasized the importance of well child care. Subject areas included immunizations, growth and development, health screening programs, and anticipatory guidance.

Recommendations:

- Providing every child with periodic scheduled well check-ups
- Providing medical input in developing sound, practical day care health policies
- Offering health education programs to parents and staff
- Maximizing the use of pediatric nurse practitioners in screening, health teaching, and anticipatory guidance

F. HYPERACTIVITY: FACT AND FICTION

Moderator: Philippa J. Street Salmon
Mental Health Therapist

Panelist: Ronald M. Parker, M.A., M.L.S.
Administrator, Antioch Day Nursery

The Hyperactivity: Fact and Fiction Workshop sought to dispel common myths of parents and professionals. The types of hyperactivity, its causes, treatments, and implications on development were reviewed.

Recommendations:

- Providing parent and professional education concerning hyperactivity, causes, and treatment
- Identifying and utilizing community referral sources (mental health, educational, etc.)
- Assisting day care staff and parents in recognizing the early signs of hyperactivity
- Providing research information in all aspects of the problem, especially prevention and the role of diet in etiology
- Encouraging increased communication among mental health and day care providers

G. CHILD ABUSE

Moderator: Eva Blair Jenkins, M.A., M.S.W.
Bilingual Social Work Consultant

Panelists: Rita Hurley, R.N., M.S.
Clinical Nurse Specialist

Linda Smith, M.A.
Early Childhood Specialist

Jasmin Salinger, M.A.
Clinical Psychologist

The Child Abuse Workshop discussed detection, reporting and prevention of child abuse. Medical, legal and psychosocial aspects were examined.

Recommendations:

- Providing preventive services needed, such as public education, and crisis intervention
- Increasing recognition and reporting
- Providing counselling and therapy for abused children
- Encouraging follow-up for abusers or neglectful parents and guardians

H. PREVENTION OF ACCIDENTAL INJURIES

Moderator: Herman Cook, M.Ed.
Child Care Specialist

Panelists: Jetta Thomas, M.S.
Project Director, National Child Day Care Assoc.

Lajuan F. Martin, Esq.
Legal Consultant

Juanita H. Barr
Head Teacher, Malcolm X Day Care

The Prevention of Accidental Injuries Workshop explored facility design, curriculum and supervision to insure safety. Medico-legal implications were discussed.

Recommendations:

- Increasing staff awareness regarding potential accidents
- Improving room and outdoor management to prevent injuries
- Upgrading regulations, recordkeeping, emergency guidelines, and room arrangements
- Increasing knowledge of the legal aspects of potential negligence problems

SESSION III

I. DAY CARE AND THE ILL CHILD

Moderator: Sara W. Lucas, B.A.
Day Care Program Specialist

Panelists: Frederick Corder, M.D.
Pediatrician, Private Practice

Celia Boykin, M.A.
Early Childhood Consultant

The Day Care and The Ill Child Workshop discussed the management of acutely ill and chronically ill children. It reviewed regulations and the need for medical consultation.

Recommendations:

- Sending written notification of all accidents or suspected illness to the parents
- Establishing clear policies on medications, isolation, and removal of ill children from the day care center
- Advising that center policy or medical advisor's recommendations supercede the family physicians' recommendations when there is a conflict
- Insuring that every center has a qualified medical advisor (pediatrician)
- Training staff in first aid and CPR
- Providing health education for parents
- Incorporating personal and environmental health habits into the curriculum

J. CONTROLLING COMMUNICABLE DISEASES

Moderator: Katie Rowland-Ricketts, R.N., B.S.N.
Health Services Educator

Panelist: Irving C. Williams, M.D.
Pediatrician, Howard University

The Controlling Communicable Disease Workshop discussed recognition and precautions to control contagious disease (i.e., respiratory, skin, gastrointestinal) in the day care environment.

Recommendations:

- o Isolating the child to prevent the spread of disease
- o Enforcing health policies and procedures
- o Familiarizing parents and staff with signs of common illnesses

K. TELEVISION: FRIEND OR FOE?

Moderator: Mary Ann Banta
President, Washington Association for Television and Children (W.A.T.C.H.)

Panelists: Joyce Hill
Director, Children's Programs, WPFW Radio

Ed P. Jones
Program Director, WDVM-TV 9

The Television: Friend or Foe? Workshop examined television viewing habits; impact on learning, self-image, values, behavior, and development.

Recommendations:

- Turning the television off, when necessary
- Using radio as an alternative to television, especially radio dramas and children's hour programs
- Developing critical viewing skills in children
- Urging broadcasters, and sponsors to act responsibly
- Encouraging positive images and role models for children

KEYNOTE ADDRESS
"Our Commitment To Our Most Prized Asset: Our Children"
By
Frederick D. Harper, Ph.D.

Dr. Harper is Professor of Psychoeducational Studies in the School of Education at Howard University.

He first congratulated the Learning Nest, Inc., for its efforts and commended the large group of conference attendees for their commitment to and interest in children. The speaker emphasized that, as parents and responsible adults, we must care about our children, love our children, be excited about our children, and be responsible "with" (not just "for") our children. He subsequently read three personal poems that typified these attitudes about our children ("Child Yet To Be"; "Bright Eyes"; and "I Never Saw").

Dr. Harper cited current research on the health and social status of children, including work by Dr. Karl E. Hammonds concerning urban children. He then provided recommendations for action.

He suggested that goals for our children should include:

(a) goals for physical survival and maintenance;
(b) experiential goals (e.g., travel, culture, recreation, and fine arts); and
(c) academic goals.

He challenged adults to function as social models, sharers of time (with children), and facilitators of growth and development.

Dr. Harper concluded with a poem of challenge, "We Can Help a Child."

II. AWARDS LUNCHEON

AWARDEE PROFILES

Advocacy encompasses both service and leadership. A true advocate is a gift to the people that he or she serves. True advocates use their ability to protect and elevate the people they serve. They work unselfishly out in front, or behind the scenes, whichever is appropriate to further their cause. The Learning Nest, Inc., honored two prominent child care advocates.

The Day Care Advocacy Award was given to Ms. Janice Williams, the Vice Chairperson for the D.C. Department of Recreation Day Care Program Parent Advisory Board. She formerly served terms as Chairperson of that same Board. Ms. Williams is a mother and activist. She has served as leader of the Bryan Day Care Parent Group for four years. Her consistent service, leadership, and amiable personality have made her a superlative role model for Washington area parents.

The Child Health Advocacy Award was given to Frederick Green, M.D., Associate Director of Children's Hospital National Medical Center, and Professor of Child Health and Development at George Washington University School of Medicine. After 20 years of private pediatric practice in New York City, Dr. Green came to Washington, D.C., to become Associate Chief of the Children's

Bureau, at the former Department of Health, Education, and Welfare. In 1979, he was a Commissioner on the U.S. National Commission for the International Year of the Child. Later, he chaired the District of Columbia's Blue Ribbon Committee on Infant Mortality. While at Children's Hospital, Dr. Green established the Office of Child Health Advocacy, which promotes the physical and emotional well-being of children. Two of its major programs are the Lead Poisoning Program and Child Abuse Program. Dr. Green continues to lead the medical community in child health advocacy.

III. CLOSING SUMMARY SESSION

The Closing Summary Session took place in the Embassy Room of the Dupont Plaza Hotel at the conclusion of Workshop Session III.

Representatives from each of the eleven (11) workshops gave summaries and recommendations provided by their respective groups. These summaries and recommendations are detailed in Part I of this report.

In their written evaluations of the conference, the participants praised the conference's content, organization, clarity, and timeliness. They unanimously believed that the effort was well worthwhile.

The Program Director recorded suggestions for future conferences, workshops, a quarterly newsletter, and continued networking for further consideration and action.

IV. SPECIAL CONTRIBUTORS

A number of individuals, organizations, and businesses assisted in making the First Annual Health Promotion in Day Care Conference a success.

Those who staffed the conference and gave logistical support included: Joyce Elliot, Della Lowery, Elaine Thompson, Dietra Rogers, Carmen Marshall, Don Miller, Dyseria Short, and Arvid Lee.

Ms. Nancy Caliman, Public Affairs Director for WGAY AM/FM Radio (Silver Spring, Maryland), coordinated the media publicity for the conference.

Two Day Care organizations gave generous support in planning, public relations, and recruitment of participants. These were the District of Columbia Department of Recreation Day Care Program, and the National Child Day Care Association.

Several corporations, pharmacies, physicians, and dentists in the metropolitan Washington area provided financial underwriting for the conference.

Corporations

C and P Telephone Company

C and S Services Center

The Jackson Obstetrical, P.C.

Pharmacies

Brinsfield Pharmacy

Chesapeake Drugstore

Deanwood Pharmacy

Division Drugstore

Physicians

Martina P. Callum, M.D. (Family Medicine)

Joseph Chapman, M.D. (Otolaryngology)

Harold D. Johnson, M.D. (Obstetrics/Gynecology)

Jorge A. Mondino, M.D. (Orthopedic Surgery)

Tracy Walton, M.D. (Radiology)

Dentists

William K. Collins, Jr., D.D.S. (General Dentisry)

St. Elmo W. Crawford, Jr., D.D.S. (Pediatric Dentistry)

Jimmy Howell, D.D.S. (Family Dentistry)

The primary exhibitors at the Conference were two distributors of children's developmental toys and games: Young Playways, and Discovery Toys.